

For Information ...

Help prevent diabetes with good nutrition, physical activity and maintaining a healthy weight.

For more information on healthy eating and physical activity contact:

- Your primary care provider
- The American Diabetes Association
888-342-2383
- www.diabetes.org
- Darnall Patient Education
286-7856
1-888-833-2607 ext. 7856
www.hood-meddac.army.mil



Public Affairs Office
Darnall Army Community Hospital
Fort Hood, Texas 76544-4752
www.hood-meddac.army.mil
FH MDA HO 530
1 April 2003

Preventing Type 2 Diabetes

*Take control of your life
& help prevent diabetes*



**Darnall
Army Community Hospital**

Fort Hood, Texas

www.hood-meddac.army.mil

Diabetes Facts ...

In the U.S., diabetes increased 33% between 1990 and 2000.

New studies show that 58 percent of people with fasting blood sugars between 110-125 (not yet high enough to be diagnosed with diabetes) can prevent their blood sugar levels from reaching diabetic levels.

Participants in the studies lost an average of 7 pounds by walking briskly for 150 minutes per week and cutting their fat intake by one-third.

Reducing saturated fats will lower calorie intake, reduce cholesterol, triglycerides and blood sugar.

Tips to Reduce Fat Intake ...

- Eat more fresh fruits and vegetables
- Choose low fat meats
- Avoid daily sweets and baked goods
- Substitute bagels for muffins; pretzels for potato chips; Canadian bacon for bacon; butter sprinkles or light soft margarine for butter
- Avoid frying foods. Bake, grill, steam or broil foods
- Brown ground beef, drain and rinse it well

- Use vegetable spray products rather than oils, shortening or lard
- Choose fat-free cream cheese and low fat cheeses
- Choose low or non-fat milk, salad dressing, sour cream, chips, hot dogs, and lunch meat
- Cook chicken and turkey without the skin

How to Prevent Diabetes ...

Follow the Food Guide Pyramid as your guide to good nutrition and a healthy weight.



The Food Guide Pyramid

Source: U.S. Dept. of Agriculture/U.S. Dept. of Health and Human Services

Small, inactive older women need less servings than younger, active women.

Increase Physical Activity ...

Activity helps make our body's insulin work better, helps keep blood pressure, cholesterol, and weight down, helps keep bones, muscles, and joints healthy, and improves energy levels. It is fun too!

The more a person weighs, the harder it is for insulin to work well. This is called insulin resistance. Exercise reduces insulin resistance.

Choose an activity you enjoy!

Include a friend, neighbor, grandchild, husband, wife, or children in your activity. It can become a family activity or it can be your time to "relax" alone.

Check with your physician first before increasing your level of activity.

